



The Irish Collection

The Irish Collection offers generous gifts from the ancient Elementals of Ireland and connects us to the great wellspring of Celtic wisdom. These Flower Essences lift the veil between us and a more magical experience of reality. They help us balance our inner and outer life, find consolation in times of limitation and encourage us on the spiritual path when we feel downtrodden, unseen or besieged in any way. This collection grounds us in a timeless experience of our eternal self and supports us to express ourselves with courage, good cheer, zest for life and a feeling of oneness with all that is.

History of the Irish Collection

These magical Flower Essences were made in the west of Ireland in Co. Galway, Co. Clare, Co. Kerry, and Co. Antrim during the summers of 1998, 2005 and 2010. Most of these treasures come from Connemara, a wild region by the western sea in Co. Galway, specifically a wonderful tidal island called Omey.

The Elementals in Ireland are brilliant partners. During each trip they guide us to many powerful Flowers, ever explaining the strengths of each Flower Essence with precision and clarity and often talking much faster than I can transcribe their information. Sometimes it is a bit of a sell to convince Elementals to be part of our project, but the Irish Elementals seem to know all about our work at Green Hope Farm. They know when we are coming and know what Flower Essences they want made. I thank them from the bottom of my heart for making this Irish collection such a shining bright light. I also want to thank Ben Sheehan for his 2010 trip to Ireland, an arduous journey that brought the harvest of some wonderful new Irish Flower Essences.

The Flowers behind these Flower Essences grow in extreme places with little or no encouragement from their coastal environment, yet they are bold, joyful, in a word, irrepressible. Each has a very strong, unique and enduring vibration offered to us with complete generosity via these Flower Essences. Many of these Essences offer consolation during difficulties, yet they also offer the more timeless gifts of reminding us of the great joys of being alive. I am delighted so many Flowers wanted to come to the new world as

Flower Essences to remind us of our inner strengths, inner beauty and ability to make the best of any situation.

A message from the Irish Elementals

“In this collection of Flower Essences, one of our primary intentions is to serve the dismissed, disempowered, invisible and downtrodden. Finding ourselves similarly ignored has been our lot in the postindustrial world. Consequently, we bring particular empathy and support to those of you who find yourselves in similar straits. In our Flower Essence gifts, we reach across the silence that has too long divided us from each other to find again our kinship and communion in a natural world held in high esteem. Once human and Elemental alike were cherished parts of all that is. Once our communion was the greatness of this land. May such times live again.”

Autograph Tree at Coole Park anchored in *Bellis perennis*

The Autograph Tree at Coole Park is an ancient copper beech tree on which the likes of W.B. Yeats and George Bernard Shaw carved their initials. Coole Park sheltered many bright lights at the turn of the last century and was the spot where a revival of interest in ancient Gaelic literature and language was ignited. It was at Coole Park that the idea for Dublin’s Abbey Theatre was brought to life in the capable and generous hands of Coole Park’s owner, Lady Gregory.

When I saw a photograph of the Autograph Tree, the Angel of this magnificent copper beech seemed perfectly materialized in her graceful form. I wanted very much to visit her. I was not at all disappointed when we actually met. I asked her if I could make an Essence that somehow embodied her vibration. As she was not in bloom during my visit, she suggested we anchor her vibration through some of the low growing English daisies in the lawn beneath her sweeping maroon leafed branches. As I carried the bottle of her Essence across Ireland and then back to the farm, I could feel her anchored and present in the Essence.

This tree’s beauty is matched by its vibration. Both have a heartbreaking sweetness. I asked the tree to describe its Flower Essence. She explained, “I comfort. I comfort the rebel. I comfort the misfit. I comfort the visionary. I comfort the mystic. I comfort the lost soul. I comfort the dreamer. I comfort the inspired. My wings are large. Come nestle in my branches for sustenance and encouragement. I will lift you up and help you and your purpose take flight.”

I AM the milk of human kindness.

Biting Stonecrop *Sedum acre*

Biting Stonecrop tells us, “My arena is dreams, not so much one’s nightly travels as bringing the dreams and hopes one has into manifestation. I grow on the edge of the sand dunes, looking perilously close to sliding off to the shingle beaches below, yet I am tenacious and tough. I will help you catch the wisp of an idea and bring it into a greater clarity and form. I will help you to plant the idea and have it manifest, even in seemingly inhospitable terrain.”

I AM the confidence that knows the value of my inner wisdom and knows how to bring it into form.

‘Bofin Unusual

This one helps us assimilate unusual, outside our ken past life skills, unexpected circumstances or people that have unexpectedly come ashore into our lives. The vibrational shifts of the past few years are bringing forward unexpected tools of support. This one helps us to assimilate these gifts into our lives even when the people, talents and skills arrive out of the blue.

Ben made the Essence from a Flower that had seeded itself on the water’s edge on Inishbofin, an island off the west coast of Connemara. The Flower grew with abandon in a spot all but devoid of soil, indicating the way things can arrive and make camp in our lives even when there seem to be no support systems in place to sustain the new arrivals. Our cousin, Roisin, said this was not a common Flower either in Ireland or on Inishbofin. Having searched my many English and Irish Wildflower books, I suspect this Flower is not native to Europe but came ashore from parts unknown.

The Angels tell me that vibrational shifts on the planet do not happen in a steady stream but more in leaps forward followed by periods of assimilation. Recent leaps leave us in need of new tools of adaptation, and the Angels encourage us to be open to gifts out of the blue. This Essence will help us assimilate these gifts and will also help us when we remember long forgotten skills and people. The Angels explain that due to the shifts in the vibration, we are experiencing time differently and bumping more often into our “past life” experiences. This can be all for the good if we have a handle on this phenomenon and understand it is a dynamic meant to help us evolve. I can imagine these bumps will be quite frightening for those who do not believe in past lives, and the Angels said this Flower Essence would help these folks ease into this belief structure in the face of their own heartfelt experiences

I AM the gifts of the unexpected.

Bog Asphodel *Narthecium ossifragum*

Bog Asphodel speaks for itself, “I grow exuberantly in the nutrient depleted soils of Irish bogs. I manifest without dependence on what the world thinks of me or provides for me. I AM a pillar of light, anchored directly in divinity, yet shining in a world that needs my light. Anchored as I AM in divinity, I do not expect to receive anything from my worldly surroundings in order to be my true self. This makes me an excellent Essence for people to take when they seek greater self-confidence or seek not to lean on others for their own sense of themselves. I would go further still to say I AM a good Essence for those who are the black sheep in their families. I AM under a cloud myself and viewed as a plant that makes sheep grow brittle bones, yet this is not true. I AM not perturbed by this misinformation about myself for I know my significance as well as the merit and integrity of my presence in the world. I will support the black sheep of other clans to be so anchored in their divine identity that they remain impervious and unflapped by the judgments of others, free to fully pursue their own destiny and purpose.”

I AM confident self-expression impervious to the judgment of others. Such judgments run off my back like water off wool.

Bog Cotton *Eriophorum vaginatum*

Bog Cotton helps us make the most of what hair we have, offering information for our hair to be the best it can be, given the constraints of circumstances such as our family’s predisposition on hair related issues.”

No matter the limitations of my circumstances, I AM able to manifest healthy hair.

Bramble *Rubus fruticosus*

Bramble tells us, “No problem is too much for my matter of fact and cheerful untangling skills. Like my kin, the Blackberry of the Green Hope Farm collection, I offer useful information about easing depression. My nature is to see the half glass full and so I am a great ally to those who are having difficulty seeing the up side to their circumstances.”

I AM cheerful enjoyment of my life circumstances.

Buddleja *Buddleja*

Buddleja describes itself, “Sometimes humans feel a cloud of unforgiveness hanging over themselves. There may appear to be no reason for this cloud. I may be a useful ally in this kind of situation, as I can help you to reach across boundaries of time to access and release old past life memories that may be causing this distress. I carry a pure vibration of knowing all experiences are necessary for the soul’s evolution and journey back to conscious oneness with God. In offering you this vibration, I help you let go of self-

judgment and the burden of endless unnecessary self-recriminations. Carrying these burdens uses so much energy. I AM glad to offer my gifts so you can be the glory of your full, unburdened, divine light.”

I AM able to view this and all my past lives with kindness and forgiveness. I AM released from the burdens of my personality's mistaken and self-imposed judgments. I AM free to move forward in my life, understanding my soul's need for full self expression on its way home to conscious oneness with God.

Common Knapweed *Centaurea nigra*

Common Knapweed describes its gifts, “To paraphrase the bard, I knit together the unraveled sleeve of care. Consider me when you feel uneasy, restless or bogged down by small niggling feelings that things are not quite right. I AM a particular support to women who have many, many expectations as well as logistical, physical, and spiritual demands made of them simultaneously so that even when they have done all they can do, they feel that there is too much left unresolved. I carry a vibration of perspective, so that this sense of niggling worry can be left behind and a feeling of confidence that all that needs to be done has been done can prevail.”

I AM enough.

Common Ragwort *Senecio jacobea*

Named after the patron saint of horses, St. Jacob, this plant was traditionally used for horses with staggers or any conditions causing a loss of coordination. It is highly poisonous, and farmers now rooted it out of any pasture.

First, in situations such as this, where the actual plant is toxic, it is good to recall that when you are working with a Flower Essence you are working with its electrical vibration and NOT the actual plant or its chemical constituents.

Second, I would bet that originally the Celts made Flower Essences, but over time this way of working with Flowers was lost and medical care became more chemical based, leaving people confused as to the advisability of working with this Flower.

Ragwort explains its strengths, “Peace, be still. Is it not true that many of your vital Flower Essences ring themselves in thorns, toxins and other protective configurations? We do this so that an animal or human can avail themselves of our vibrational strength without dining on us. Our barbs, whatever their nature, protect us from all that would eat us to gain our vibrational wisdom. In ancient times, animals, domesticated or wild, would self medicate by going and standing amongst the plants that offered healing vibrational information. In this case, they would not need to nibble our Flowers nor even want to, as they would get the information from being inside our electrical field as this

electrical energy extends out from our vegetation. Your cousin, Roisin, spoke to you of this Molly. How her Connemara ponies know what part of their grazing area to go to in order to balance their electrical system for optimum health. With modern animals and humans living more removed from these immediate sources of healing vibrations, Flower Essences are godsend.

Let me share information about my particular vibrational strength. I help with issues of grounding, of feeling stable and centered amidst changing circumstances and when confronted with new challenges or unknown irritants and allergens. I help you to be an immovable force in the face of challenges, not so much resistant when change is necessary, but resilient in the face of change and able to maintain a vitality and robust good health amidst change.”

I AM stable in times of change.

Common Scurvygrass *Cochleria officinalis*

Growing practically in the water amongst the rocks on Omev, this tidy parcel of a plant has sparkling white Flowers and leaves. Due to their vitamin C content, these leaves were eaten to prevent scurvy, hence the name. Common Scurvygrass tells us, “I AM another Flower which speaks to the issue of contentment with what is and an experience of knowing you are enough. I do have a sparkly vibration and shine my light without much encouragement from my tidal environment. I express myself without shame or apology. I will help those who find themselves betwixt and between worlds and not sure exactly where they fit or if they fit. In your culture, this makes me a particular gift to adolescents, however, I will help each of you to know your own value, which I might add is immeasurable. I will also help you to feel safe expressing yourself, no matter how inhospitable the situation or how vulnerable you might feel. I help you find the gifts in your circumstances, no matter how well hidden, and find the gifts in being who you are.”

I AM joyful self-expression no matter the circumstances, no matter the environment. It is a safe and joyful experience to be me.

Devil's Bit Scabiosa *Succisa pratensis*

This small button of blue fills hedgerows, bogs and scrubby grasslands near the sea. Jane and Dieter Stark's 'Connemara Wild Flowers' explains the Flower's peculiar name; The plant's healing properties were considered so strong that the devil was thought to have tried to kill the plant by biting off its roots. This story explained the Flower's truncated root as well as its odd name.

Devil's Bit Scabiosa explains its strengths, “I AM another Flower addressing the situation of constraint and limitation. Consider me if circumstances have narrowed in your life, especially in terms of the physical aspects of your incarnation. I AM a particular help

with grounding you in the power and strength you have, even when your physical body is challenged or under constraint.”

I AM the bold expression of my eternal self no matter the physical constraints placed upon me.

Dwarf Common Centaury *Centaureum subcapitatum*

This star shaped pink Flower rises a diminutive inch into the air to cluster in sturdy sweet bouquets. It wasn't the first Flower on Omeý to open each morning. It stayed firmly closed until the sun lit its petals. However, rain or shine, sunshine or clouds, this Flower had a presence that made me stop to visit.

For all its diminutive size, this Flower has a big personality, not brassy but strong with a pure sweetness that isn't saccharine. It's a vibration of love in perfect balance.

Here is a message from this friend, “Love is enough. My sweetness is enough. I help you know this. Sweetness is not a weakness; it is an enduring strength. If you feel you have been dismissed because of your sweetness, I come to remind you of its virtue and value.”

I AM love refined. I AM the precious gift of sweetness.

English Stonecrop *Sedum anglicum*

This Essence was made on a rocky outcrop near an ancient beehive shaped stone hut on the Dingle peninsula. English Stonecrop tells us, “I sing on barren ground. I anchor love, kindness, a gentle view and a song of contented humility. I AM resilient in my good cheer. If circumstances leave you restless, irritated and impatient at others, unable to find a soft view of yourself, others or your situation, I can help you find a gentler view.”

I AM able to see the ever present sweetness in all things, regardless of the circumstances.

Escallonia *Escallonia franciscana*

Escallonia tells us, “I help you have a thicker skin in terms of the challenges of romantic relationships, not so much making you a tough customer but helping you to navigate the inevitable ups and downs of romance without losing your faith or taking your partner's behavior personally. I shelter you during the challenges of finding a partner or living in romantic partnership with another. I help you to keep going with confidence in yourself.”

I AM able to be in romantic partnership and maintain a clear sense of my value and lovable-ness.

Fragrant Orchid *Gymnadenia conopsea*

There were so many orchids on Omey, in the Burren and on the coast of Ireland in general that it required care not to step on any of them. I came upon an abundant colony of this orchid on Omey and asked if it wanted to be part of this project. Orchids can be persnickety, so I was cautious, however Fragrant Orchid jumped on board the project with enthusiasm explaining, “My wisdom needs to go out into the world. I try to share my wisdom generously in the gift of my perfume, however, I AM glad to have a greater opportunity to be of service. I know this will strike you as a leap, but my essence is HOPE and that is the vibration I bring as a Flower Essence. I am most deeply attuned to the Fourth Ray and the Angel Gabriel. I do not need to be applied or ingested to be of service in your life. Holding a bottle of my Essence will be enough. I will bring my beacon of white light via this bottle of my Flower Essence, just as I stand as a wand of this light on the rocky slopes where you found me.”

I AM Hope.

Giant's Causeway (in Dragon's Teeth *Tetragonolobus maritimus*)

This Flower Essence comes from a place of great significance, an ancient Celtic crossroad of maritime travel known as the Giant's Causeway. Its distinctive rock formations give us its name, but the Angels explain that it is actually the place's capacity to move energy that serves us in this Essence. The Elementals grounded the vibration of the place in a Flower called Dragon's Teeth. The name is wonderfully evocative of the way this Essence helps us form a bridge between modern times and ancient wisdom as well as cross a bridge from our present day vibration to the expanding possibilities of the future.

This is one of a couple of Essences that the Angels said were particularly important right now as we reach across a gap from our present vibrations to where we must be in the near future. The Angels have described the current times as a big improvisation in which they are doing everything they can to support us in the uncharted waters of the higher vibrations being grounded on Earth. They note that this Essence is one of the tools of support they offer us right now to help us take this vibrational leap.

I AM manifest light.

Great Willowherb *Epilobium hirsutum*

This one helps us keep an open heart in despairing times and be a vessel for hope and optimism during difficult transitions. It is helpful for healers and those who serve others with their efforts to stay cheerful and optimistic even in the face of significant challenges. The Angels have said this is another Essence that will speak specifically to many healers who are helping all of us across this next vibrational shift.

I AM a light and free heart.

Harebell from Dog's Bay *Campanula rotundifolia*

Perseverance. Support to rise up with strength and determination when our efforts seem against all odds and bound to fail. This one helps us tough it out and prevail no matter the outcome.

I AM the courage to persevere.

Inishbofin

Elizabeth Sheehan made this Essence on Inishbofin, an island several miles off the west coast of Connemara. While living in Ireland, Elizabeth had many intense dreams that led to a realization that she had lived numerous lives in Connemara. Out of this moment of truth came the desire to make a Flower Essence mix on Inishbofin, the location of one of her more cherished and helpful past lives.

After she made the Essence, this is what the mix told her, “I AM the Essence for retrieving wisdom and strengths from past incarnations so as to bring forward their light filled gifts for the individual soul and the universe as a whole.”

I AM in full possession of the spiritual strengths of every incarnation I have ever had.

Irish Heaths *Calluna vulgaris, Erica Cinerea, Erica erigena, Erica mackaiana, Daboecia cantabrica*

This remedy is helpful when we want to speak our truth joyfully and in a way that lifts others up. It is helpful for when we have fallen into a pattern of negative preoccupation with our own concerns or can't stop complaining to others about our circumstances. Heath, or Heather as it is also called, is a Flower that grows in extremely exposed and challenging landscapes with an energy of palpable and sturdy good cheer. Its uplifting wands of pink bell shaped blossoms reflect the way it's Essence encourages us to connect with grateful love to our circumstances, no matter how difficult, then respectfully and cheerfully share this delighted world view. It takes us into an experience of the strength of our position so any old negative framework of ideas about our circumstances is washed away from us, and we find ourselves sharing in a way that lifts everyone up.

I AM the complete and joyful expression of my true self.

Kidney Vetch *Anthyllis vulneraria*

Kidney Vetch describes its gifts, “Cleansing is my strength. I AM particularly strong in systems of networks and tributaries feeding into central passageways. Issues of unimpeded flow, robust circulation, renewal and restoration in dead zones are all my

forte. I flourish in inhospitable sandy terrain often on precipitous slopes where little else will grow, therefore I have an energetic knack for getting the most life force from enervated places.”

I AM the cleansing and revitalization of every cell of my being.

Ladies Bedstraw from Ireland *Galium verum*

This cousin to the new world Ladies’ Bedstraw is a kindred spirit with some common areas of service as well as its own unique gifts. Unlike the American version with its tiny white Flowers, Irish Ladies Bedstraw is a rich golden yellow. Growing abundantly on Omey, its tiny Flowers create a golden haze of blossoms just above the low growing magenta Thyme blossoms that also cover the island.

During the middle ages, Irish Ladies’ Bedstraw was used to facilitate easier childbirth. With its lovely perfume, it was also used as a fragrant stuffing for mattresses. Coumarin is part of its chemistry. Then and now this is a known anti coagulant. However, in all my conversations with this Flower, it stressed that its greatest gift as a Flower Essence concern the mental body not the physical body.

Ladies’ Bedstraw from Ireland explains, “I AM a great untangler of mental knots, anxieties, worries and other concerns that can fill the night hours when restful sleep would serve a better purpose. Consider me when your nighttime thoughts go in anxious, unsettled, agitated or restless directions and sleep eludes you. I smooth and calm your mental field by helping you untangling and release habitual mental tangles.

I AM a great help to chronic worriers. I help you unburden yourself from these worry habits. Yes, I get things untangled, released and flowing in the mental body which of course makes physical clots and blockages that much more unlikely. This is because the underlying mental tangles which can lead to physical blockages have been released.”

I AM the complete untangling and full release of mental tangles.

Montbretia *Crococsmia x crocosmiiflora*

Montbretia is not native to Ireland but grows in just about every hedgerow in the country. Exotic introductions like Montbretia sometimes jump from gardens where they were first introduced into the wild where they grow with abandon. Considered invasive, these plants spread like wildfire to correct energy imbalances in the land and to offer vibrational gifts that the land and its inhabitants need.

Montbretia came to Ireland to help to restore joyfulness to a bone weary landscape. Ireland, like its people, has been through the wringer. The glorious orange and flame

colored Flowers of Montbretia help both the Irish and their land to experience more fire energy.

The nature of our genetic heritage predisposes each of us to vibrational strengths as well as weaknesses. Montbretia Flower Essence addresses the susceptibility to a wet depression that can come to a person of Irish descent by virtue of his genetic heritage, rooted as it is in a wet and consequently at times, melancholy land. The imbalance that Montbretia addresses might be called an imbalance of too much water energy with a need for more fire energy. The Montbretia Flower sparks Ireland with more fire energy. As an Essence, it will help a person of Irish or other descent lift out of a wet depression into a more fiery heated zest for life. Fire energy is easier to maintain in climates where there is more heat, so there is really no judgment in Montbretia coming with its gift of fire energy. There really is no judgment in any Flower's offer of assistance. Flowers know that for all of us, the journey is about seeking balance.

There is also a soulfulness in the Irish that is the gift of this damp, watery world. Balance comes in preserving this soulfulness but bringing just enough joyful heat to keep it from slipping into world-weariness, sadness, melancholy and despair. One of our dear cousins, Maureen, said about a sunny day, "We'd never have to go to Spain if we had more heat and sunshine like this." I sent her a bottle for in between her heat seeking trips. This is one of the things the Angels told me long ago would be a gift of Flower Essences: They help us receive energetic wisdom from the world's diverse ecologies even if we cannot travel to these diverse places ourselves.

I AM the heat, light and sparkle of the fire element. I AM joyfulness.

Mountain Avens *Dryas octopetala*

Mountain Avens explains, "I AM composed of eight white petals, the number of the infinite. Flowers move through time differently than many other creations. We are particularly adept at being fully present in the now while also bringing a vibration of timeless wisdom.

My vibration, in particular, is a vibration of both timelessness and grounding in practical time. This vibration is a help to those who find themselves either consumed by a rigidly time oriented daily schedule OR those who find themselves unable to move out of timeless interests to manage the necessary time constraints of daily life.

I help you to be able to be absorbed in the timeless creative aspects of the eternal now AND also come back fully into practical time to do the necessary logistical activities related to time in a physical body. I also help you to take time less seriously, particularly if you are consumed by keeping time, making the most of time, living a well timed life or worrying about the ravages of time. Consider me if you are always late, forget time related appointments, feel too tied to a time related life, worry about time, in other

words, if you are out of balance in a life too geared around time or a life in which you not sufficiently grounded in time to get necessary daily tasks done. In these varied situations, I AM your Essence.”

I AM the balance of my timeless identity in a life grounded in earth time.

Omey Island

Omey is a tidal island just north of Clifden in Co. Galway. My family spent an idyllic two weeks on this island during the summer of 2005. My husband’s grandmother grew up just a few miles from Omey, and many wonderful cousins still live in the area. In between rollicking visits with lots of relatives and adventures out into the beautiful land of western Ireland, there were many happy hours spent wandering Omey, visiting with her and her Flowers.

Omey is connected to the mainland by a strand of sand. This strand is covered during high tide. This meant twice in every twenty-four hour period, we were unable to leave the island for four or five hours. I knew this coming and going with the tide would give our trip a unique quality, but I did not fully understand how much it would inform the Essences made on Omey or contribute to the restorative nature and timeless vibration of Omey.

Omey is thought to have been the last refuge of the pagans when Christianity came to Ireland. The number of standing stones and standing circles on the island boggles the mind. Later, Omey was the home of St Feichin’s monastic cell. People continue to visit his holy well and church ruin. In modern times, a Viking warrior in full battle dress was uncovered in the tidal sands. Clearly, Omey has a complicated history with humanity.

This is a beautiful and magic island. In late June and early July when we visited, Omey was covered in a solid mass of blooming Thyme and dozens of other kinds of Flowers. Its rolling dunes were a haven for immense flocks of birds, thousands of rabbits and the ubiquitous happy Irish cows. At low tide, riders visited the sands of the strand on Connemara ponies. A number of beaches around the island had the same powdery white sand as the strand. Other more rocky beaches were sprinkled with smooth white quartz pebbles and brilliant yellow snail shells, making every walk across their rocks a treasure hunt. To step anywhere on this island was to be immersed in beauty. At the top of the island was a cairn of rocks that we visited daily. It was a place of such refreshing love, wisdom and power that to stand there was an exhilarating experience of being recharged and restored.

Land is always overlit by Angels. While the Elementals of a place are responsible for holding the place in form, the Angels hold the divine plan for the place and hold its emotional content. In talking with the Overlighting Angel of Omey, I came to think of her as one with the island and so refer to her simply as Omey. What she shared with me

in the following conversations clarified the divine purpose of Omeý and also illuminated the Omeý Island Essence we made to share with all of you.

In thanks for our time on her, I asked if Omeý would like me to clear her emotional, physical, mental and etheric body. With her okay, this was something I began to do every day and continued to do from Green Hope Farm. During my visit, I was bothered by the flotsam and jetsam that came in with each tide, but you will see below what Omeý had to say about this.

FIRST MESSAGE FROM OMEY

“I AM a ravaged land, a holy land, a land grounded in the heart of God yet covered with a crust of debris. I thank you for your efforts to remove this debris. This serves me more than any futile efforts to remove the trash that floats in with each tide. I have a long history with mankind, most of it unrecorded. I have been a refuge, a sanctuary, a retreat and a base camp. Sometimes people have seen me as I AM but this has been a rare occasion. A few rare souls come without agenda. I thank you for your efforts to do this yourself.

The rabbits are very good for the island. They dig up and release etheric garbage. The Flowers bejewel my jewel of a vibration and I share them with you with delight. It is good you are searching my every crevice and cranny for there are many gems here serving the light, and they are happy to be part of this project. I have much to share with the world and humanity. I AM of this world but not in it. That is the nature of my tidal strand. I come and go, yes a bit like Avalon.”

One day, Omeý said it was time for me to make a combination remedy carrying her vibration. This Essence was made at the cairn at the top of the island after a slow walk across her slopes collecting every Flower blossom she wanted in her mix. The following is her discussion of this Essence.

SECOND MESSAGE FROM OMEY

“I AM all about edges. People at the edge of their lives, pushed there by circumstances, will find me a help in letting go of control or the illusion of control and going instead inwards to a different experience of their lives. By edges I mean places where the business of life has been stripped back and fallen away due to losses, changes in circumstances, illness, places where much that has seemed essential is gone and the person feels raw and vulnerable with both less of a feeling of worldly protection or buffering but also less worldly burdens. I help people to realize less is more. I help them in this pared down place on the edge to feel closer to their eternal self, more whole even though circumstances of their worldly life might suggest they are broken, empty, less than.

I help people to see more clearly from this pared down vista and to actually experience the spiritual richness that is their birthright. I help lift them out of emotion-based reaction

towards a view uncluttered by preconceived notions. You, Molly, in your experience of life have found, when the dust settled, that experiences of loss and suffering took you to a deeper experience of your divinity, your eternal self, your true nature as love. I AM a way shower for people, particularly those experiencing loss, who want to find that expanded sense of themselves, who are understandably submerged by the experience of their suffering and would like a life raft and companion guiding them.

I exist as a place in time, yet what I have tried to bring to this Essence is my timeless self. An experience of my timeless self via the Essence then becomes an opportunity for others to experience their timeless self. In this way, I am a sister in your journey. We can together know our timeless identity in God.

Yes, let me talk about my choice to overlight a tidal island. This reflects both my desire to be available to seekers but also remain anchored in my identity beyond form. The tides, closing me off from visitors twice a day, are symbolic of this balance. As I said before, I AM of the world but not in the world.

As a pure island, I would have a quality of being remote, but here, overlighting Omey, I am both available and also in sanctuary. This makes me a profoundly helpful Essence for those who are struggling to find a better balance between giving selflessly to others and staying anchored in their divinity with their inner batteries fully recharged by this experience of themselves. My opening and closing to the worldly world is regulated by the moon in all its intuitive grace, so my rhythm is evolved, ever changing but ever balanced. I will help each of you to find this in your own life.

Look how this worked for you, Molly. After the flood of excitement of traveling across Ireland with so many vistas and so much stimulation, you felt initially claustrophobic and constrained by all the hours when you could not leave here. The stimulation of the modern world makes balance very difficult and pushes humanity towards a fevered pitch of externally driven activities. The restraint imposed by my tidal nature slowed you down and returned you to a balance of rest, reflection, inner recharging counterbalanced by the pleasures of the world off island. I hope with my Essence, to help each person find the balance of travels in the external and internal realms. I will mark the way of balance. It will be your choice to decide what to do with this information

Q: One more thing I wanted to ask you, Omey, was about the way your tides and the rhythms of the moon, all big picture realities, define your availability and closed off times. Could you say, Omey, that you and your Essence help people to accept the rhythms imposed on them by divinity, here embodied in nature i.e. it is not civilization closing off the islands with stoplights, but the moon, the heavenly body of the moon.

A: Yes, exactly. I, in my acceptance of the rhythms of the tides, something not at all in my control, offer a vibration to the spiritual seeker of acceptance of the rhythms and constraints imposed on them. Everything divinity does is for the best. I help you know this.

Q: So this is what you were talking about in your discussion of people's whose lives seem pared down?

A: These are the bigger rhythms of each incarnation. Finding a bead on acceptance of these bigger rhythms helps people to harvest the gift of these larger experiences of being constrained and closed off from a bigger worldly life. In other words, illness or other paring down experiences are times of the tide closing one off from the shore. With acceptance comes the opportunity to go inward and find the purposes and consolations of the experience.

Q: So it is all about FLOWING not pushing. Letting life carry us from one experience to the next, letting life, the divinity in all things, create the rhythm.

A: The culture pushes right now towards continuous external stimulation. This pushing is out of balance. For example, there is no balance in cell phone technology. Are you really designed to be talking to people all the time, anywhere with anyone? Is this balance? No!

Q: Can you talk to me about inner pushing and discernment about this balance?

A: What I hope my Essence will do is act almost like a highlighter pen so that you know and experience the difference between your personality pushing you and your own divinity guiding you in a true rhythm. I hope my example of balance will illuminate your own inner guidance about balance and help you know what is personality pushing and what is alignment with the divine rhythms of life for you.

Q: So when you talked about edges before, you could be talking about when people find themselves thrown out of their personality's ideas of rhythm into divine rhythm.

A: Yes, exactly. As you reorient yourself to a pared down or different situation than your personality desires, peace comes when you know the pared down situation is in divine order. This is part of what I KNOW, part of my wisdom. My hope is that my Essence will support you in two primary ways. First, illuminating the guidance you receive to bring your life into balance and second, illuminating the divine wisdom in all of us that will help you know the constraining circumstances of your life are in divine order.

Pink Yarrow from the Cliffs of Moher *Achillea millefolium*

The Cliffs of Moher on Ireland's wild, west coast plunge seven hundred feet down to the Atlantic. Luminous green fields drop abruptly to the sea far below. Only the sea birds, circling along the cliff's walls, and people the size of dots give any sense of the scale of this majestic place.

My husband loves heights. I do not. The first time we went to the Cliffs in 1980, there were no fences. Jim lingered on one precipice after another next to signs like, 'Beware! Edge prone to crumble.' I imagined newspaper headlines including, 'Honeymoon High Point Ends in Free Fall to Atlantic'. In 1998, when we returned for a second visit, there were fences everywhere. My relief was short lived, as the Elementals wanted Jim to pick this Pink Yarrow as close to the Cliff's edge as possible. How quickly he bounded over the fence to pluck those Flowers! The Pink Yarrow is a marvelous Essence, but I think the Elementals owe me for this one!

Like the site where these Flowers grew, this Pink Yarrow has a vibration of confident splendor, complete ease and unapologetic self-expression. The energy of the Essence encourages us to shine in all our glory even when we are in a place of extreme exposure or feel very exposed. The Essence awakens us to our eternal safety, no matter where we are.

In 2005, when I returned to the Cliffs of Moher to make more of this Essence, I arrived to be greeted by distressed Elementals. The day was so foggy that we could not see the Cliffs. Everything seemed turned around in the chaos of major construction. The only noise was the noise of construction vehicles and the only visible lights, the blinking lights of enormous excavators. The vibration of the place felt terrible. The Elementals told me that blasting with explosives for site improvements had disrupted the energies of the entire Cliff. The blasting was done for a new underground visitor center but like so many things humans do, this project, meant to ease the human impact on the location, had inadvertently violated all the sacred energies of the place. After commiserating with the Elementals, I turned to go. "Wait" they said "We still want you to make Pink Yarrow from the Cliffs of Moher. This time we bring to the Essence an even deeper strength to hold one's own inviolate spirit in spite of destructive events."

Away from the crowds and the construction, I found the patch of Pink Yarrow that the Elementals wanted me to use for the Essence. How grateful I am to these Elementals. They continue to hold the Cliffs in form despite human errors, and they still reached out to the human community with the generous offer of this Essence. They really walk their talk.

I AM joyful self-expression wherever I AM for I AM always safe in God's arms.

Ragged Robin *Lychnis flos-cuculi*

Also known as Cuckoo Flower and Thunder Flower

This is a very dramatic Flower. On Omev, it grew abundantly. With its wild pink petals carving exotic architectural shapes against the green grasses, it struck a bold and beautiful note. Ragged Robin explains, "I AM order amidst chaos, the connective thread of light amidst significant upheaval. Imagine a dark night of difficulty and how birdsong right before dawn would herald new hope and remind the listener of the presence of light amidst darkness even before the dawn came. I AM that song. Consider me for faith

during dark nights of the soul. I AM a strong vibration of faith. I know the divine is rooted in each event and being. I know the light in both light and dark.”

I AM one with the light.

Scarlet Pimpernel *Anagallis arvensis*

Scarlet Pimpernel explains, “Spiritual awakenings can be internal experiences. I help with the modulation of spiritual awakenings, even such intense ones as kundalini awakenings. Spiritual awakenings can take the form of dramatic events happening in your external life, including dramas that you may feel unprepared to handle. I help you know that you are very prepared to handle and move through these dramas. I AM a Flower of courage, but I am more than that. I help you experience all inner and outer events as an orchestration of your spiritual unfoldment. I also help you grasp the significance of these occurrences as well as get clearer on your ability to manage them.”

I AM the equal of any situation I find myself in.

Sea Aster *Aster tripolium*

Sea Aster describes its Essence, “I AM support for romantic partnerships. My gift is to help when your romantic partnership is feeling a bit besieged and there seems to be little magic or even pedestrian joys in your partnership. Most relationships go through these kind of tidal ins and outs, but sometimes this is hard to remember during an ebb tide of pleasure with each other. I am happy to help you hold the bead on the positive qualities of your relationship during difficult stretches. When the rose colored glasses are off and you are aware of each other’s flaws, I help you to remember and experience again the sweet and positive qualities that initially called you to each other.”

I AM the return to sweetness in romantic partnerships.

Sea Bindweed *Calystegia soldanella*

Sea Bindweed has a wide opened blossom closely resembling Morning Glory. Sea Bindweed explains, “My great strength is cleansing. I cleanse the air element and by doing so, help with cleansing of all the elements. Consider me as a support in all breathing related cleansing experiences such as conscious breath work, the release of deep grief even the common cold. On the beach, I work as a natural air exchanger, purifying the air as it blows in across my blossoms. I know it sounds unlikely, that my delicate blossoms could actually matter in the eco-system of the beach, but I tell you that I am part of a complicated vibrational filtration system at ocean’s edge which makes the vibration by the sea particularly invigorating.”

I AM the air element purified and rebalanced in my energy system.

Sea Campion Silene maritima

From the inhospitable terrain where these translucent Flowers spring to life, Sea Campion explains its gifts, "I AM good for all abundance work and will help you open to receive, even in environments in which this seems unlikely. I support breath work as well and all rhythmic activities and functions. I help to deepen the in breath. In all these ways, I work to increase your capacity to receive, your ability to gladly receive what you are given and accept bounty."

I AM the in breath of all good things. I AM open to receive.

Sea Holly Eryngium maritimum

Sea Holly brings more information about appropriate boundaries and protective buffering to a humanity besieged by invasive electro-magnetic vibrations. We may particularly want to work with this Essence if we have moved to a new geographic location or feel unexpected circumstances keep popping up from the same geographic direction.

The Angels explain, "While those of you inland may not think of yourself as oriented in space in a certain manner, your intellectual placement of yourselves on a map of the world predisposes you to view the world in a certain orientation with areas where you look with more alertness than in other directions. For example, most people on the east coast of the United States looks at the world with an inner sense of themselves as placed on the eastern seaboard. Strangely enough, this sets you up to expect change from the east, with your back covered in the west. For people situated on the west coast the expectation of change is from the west with the sense of protection to your east, but change and difficulty can come from any direction, not just the direction of geographical expectation.

Sea Holly helps you to get the protective boundaries going in areas where you have not thought to bring them into play. We do not mean to make people nervous with this discussion. It is simply the case that this Sea Holly Essence made on a western shore with the land to the east of the coast, rounds out your protective field if you have primarily lived with the sea to your east.

If you have any questions about the validity of what we are talking about consider any incidents that happened to you in terms of their geography and you will probably notice a pattern of things coming from certain directions. This, in itself, suggests a need to balance the protective boundaries in your energy field, and Sea Holly may be the Essence to do this."

I AM light inviolate in all directions and dimensions.

Sea Mayweed *Tripleurospermum maritimum*

Mayweed is from the common old English word for maiden and refers to this plant's traditional use for what were once called female complaints. Sea Mayweed explains its unique vibrational strengths, "I offer an excellent vibration of support for the third chakra and all third chakra related issues. I help you center in your own power and destiny. I help you to have clear boundaries and good manners without becoming a doormat. I AM the balanced use of your beautiful third chakra.

Yes, I AM a particular tonic for women. With a balanced use of the third chakra energies comes better health, especially for women who tend to take on the energetic burdens of others and therefore suffer more ill health than that of their own making. So yes, I will be called out into the world by many women and gladly bring my strengths to support them unshackle themselves from burdens that are not theirs to carry."

I AM the balanced and full use of my third chakra's strengths.

Sea Rocket *Cakile maritima*

Like so many seaside Flowers, this one grows in inhospitable terrain. As a Flower Essence, it helps us get the most from whatever nutrition and light energy our environment and diet offer us and helps us make the most of what is available to us. Again, this is a particularly good Essence for this time as one of the challenges for us as we make this vibrational shift is to have a physical body that can contain the higher vibration.

One of the wisest Flower Essence practitioners I know noted that this Essence was particularly important for the animals right now as they are in a deep struggle to bridge the vibrational gap that I have been speaking of. An immediate flurry of shivers up my body when she told me this made me know she had hit the nail on the head with her insight, so please consider giving this one to your animals right now.

I AM the wise and efficient use of the resources given me.

Spiddal (grounded in Birdsfoot Trefoil *Lotus corniculatus*)

During his recent travels in Ireland, Ben let the Elementals take him where they wanted him to go which didn't mean it was always a place he wanted to go. As he explained it, "While I wandered the rocky beach in Spiddal, I had an uneasy feeling and was not sure any flowers I collected would offer beneficial vibrations. Upon returning to New Hampshire, I had a fitful night of weird dreams in which I was driving towards Spiddal where I was to be burned at the stake for unclear reasons. These dreams clarified why I'd been uneasy in Spiddal and offered an explanation for the flowers that I had picked during my strange night in this little coastal town. Somehow I had tapped into a past life

experience, and the flowers of that rocky beach understood how to navigate such a jarring and inexplicable sentiment.”

When I asked the Angels about the Essence Ben made in Spiddal, they explained that it would help people take back personal power lost through traumatic past life experiences especially violent deaths at the hands of others. They explained that working with this Essence would help soften the negative impact traumatic past life experiences have on our current situation. They mentioned that past life aftershocks such as a dislike of anything around one’s neck due to having been hung, a fear of heights due to having been thrown off cliffs, issues around burns resulting from being burned alive or fear of water after having drowned as a witch could leave lingering issues within us.

Spiddal is about seeing and physically holding these situations in detached overview and from an empowered place. Not only will this help us release inexplicable anxieties caused by these traumas and thus stop leaking life force energy around these issues, but it will help us be more present in the now.

I AM released from any lingering damage from all painful experiences.

Thistle from Omey Island *Cirsium*

The protective energies of Thistle get an Irish twist, specifically offering support to close down energy leaks caused by our reactions to people passing out of our lives for any reason.

I AM attuned to the eternal, unruffled peace and calm beyond all surface events.

Thyme from Omey Island *praecox*

Thyme from Omey speaks for itself, “ I offer you the Celtic wisdom of time. Some of my gifts I leave for you to discover. I will tell you that I help you to slow down into the now so that time feels stretched out into timelessness. I also help you to use time to your advantage, such as encouraging healing to move faster in time. If you want something to mend quickly, use me in combination with a remedy like Recovery. If you want to expand an experience of joy or magic or happiness into an extended experience, use me in combination with a remedy such as Wild Fuchsia that is all about joyous play. Time is much more malleable than you think. Let me show you what this means.”

I AM the ancient one that lives in the eternal now.

Wild Fuchsia *Fuchsia magellanica*

If you feel a loss of joy, a feeling that things are dull, if your life seems to have lost some of its magic and things feel bled dry or flattened out, this is an Essence to consider. With

its joyful blossoms of vivid purple and pink, Wild Fuchsia reminds us of the bold magic of every moment. It sweeps us up into a dance of joy and helps us taste the kind of wild joy we felt at times in our childhoods.

In the dance of life, I AM joy.

Wild Thrift *Armeria maritima*

This cheerful Flower grows abundantly on exposed rocks, just barely above the high tide mark. Lashed by salt spray, relentless breezes, and anything else the Atlantic can toss its way, this plant still manages to produce globes of charming pink Flowers. Wild Thrift shows us the way to conserve energy and find the necessary strength and stamina when under stress or in extreme situations. It shows us the way to careful management of resources resulting in vigorous expression regardless of circumstances. Even more importantly, it is about living from one's heart even in the face of what appear to be insurmountable obstacles. It helps us keep of good cheer, regardless of the circumstances.

I AM a clear note of happiness amidst all travail of the journey home.

Wood Sage from the Burren *Teucrium scorodonia*

Wood Sage from the Burren helps us to attune to ancient wisdom. It is especially helpful to those working in the ancient traditions of storytelling, music, dance or song. Consider this as a muse for your creativity treasure hunting if these domains are your passion and joy. The first person whom the Angels had us send this Essence to was a professional storyteller who was bringing forward new stories embedded with ancient truths. This Essence helps with the process of seeing ourselves more fully, because all ancient truths lie ever in us, ready to be rediscovered.

I AM attuned to the ancient truths. So sings the fiber of my being.

Yellow Loosestrife *Lysimachia vulgaris*

This beautiful yellow Flower was traditionally used to stop bleeding, especially of the mouth and nose, as well as to close wounds. It was also used by women to deal with heavy menstruation. This life affirming mending ability relates to its strengths as a Flower Essence intent on showing us how to live joyfully.

Yellow Loosestrife offers, "I mend the tears in your experience of life so that you see it as a seamless whole of beauty and goodness. Consider me if difficulties have sapped your joy in life. I AM indefatigable gratitude for this life of life, even amidst trials and tribulations. I AM joyful appreciation for life no matter the circumstances. I will help you to find the bead on the positive and valuable in your life during flood times and

turmoil, when you have been besieged by challenges, as well as during times when things are flowing more smoothly.”

I AM life imperishable.

“I want so much to thank you and Elizabeth for the Irish and Camino Collections, they saw me through the turmoil and chaos of the past year.” V.H., CA

A Closing Message from the Irish Elementals

This is a message I received in the summer of 2005 when I asked the Irish Elementals why they had been such incredible champions of this Flower Essence work.

“We have “seen it all,” however, we have seen too much of some things and too little of others. This project re-animates our interest in things human because it works with us versus against us, as is more often the case.

We steady this planet. We steady our emerald island. Most often, we steady against the imprecations of humans, but we find in this project, humans working to steady the planet with us. We thank you one and all for working with Flower Essences and working to both balance yourself and your worlds. We need you. We need you most intently right now. Much water is coming unless more of you concentrate on this steadying work. It is okay if this water comes. We have seen waters come and waters go. The Earth and human communities can be restored after such floods. We can rebuild. We can remake. We can reinvigorate when such things as water cleanse the Earth, but it is much labor that would not be necessary if more humans come to the fore with their own steadying efforts.

What do we mean by steadying? Your efforts to find balance in your lives matter. Your efforts to balance your impact on your environment matters. We want to clarify that while your “ecological footprint” is grossly out of balance in the western world, the most pressing need is for you to work on your emotional footprint. What do we mean by this? We mean you must stop leaving your emotional chaos littering the natural world. You must invoke us to clear it from the land you inhabit. We hope you will deal with the imbalances of your giving and receiving relationship with us and live with us more as partners than in a master/ servant dynamic. HOWEVER, the most pressing need is for you to clear the environment of your emotional garbage.

We asked Molly to put a basic procedure for land cleansing after our message. You may think that your contribution to this effort could not make any difference. You would be wrong in this. We were interested in Molly’s farm, small though it is, because, in part, the routine energetic cleansing done at this farm has helped in a significant way. We speak in a united voice with our brethren Elementals of the new world when we speak of

the significance of energetic cleansing. Every place that is routinely cleared, no matter how small, has an exponential effect in terms of restoring the Earth.

You like to think of us as the little people of the old country; magic, mischievous, ancient and wise guardians of Earth treasures. We may be all these things. We would most certainly like to come into deeper communion with you and share our worldview. If you want to begin a deeper relationship by helping us in some way, doing any variation of the following process would be much appreciated. Green Blessings!

An Introduction to Land Clearing from Molly

Negativity builds up on land in many ways. Human discord of any kind settles on the land where the discord took place. If you have a temper tantrum in your backyard, that energy remains in your backyard. Even the most pristine piece of land, uninhabited by humans, will have negativity delivered to it by wind and precipitation. For example, rain clears the atmosphere of negativity but leaves this negativity on the land.

This discord stays in the land UNTIL the negativity is either cleansed energetically in conscious human cooperation with the Angels and Elementals of Nature or is forcibly removed through extreme weather such as hurricanes, thunderstorms or floods.

When land is energetically cleaned, the vibration is raised and the negativity is dissolved or transmuted without any side effects. Elementals and Angels, particularly the Elementals, do the actual energy cleansing but this group CANNOT do this work in the same benign way unless a human asks them to do it. Asking for this cleansing must be done by a human. It is one of our vital roles in the co-creation and maintenance of Earth.

If a human doesn't ask for energy cleansing for a piece of land and this land is holding a lot of negativity, the Elementals only options for removing this negativity is extreme weather. Because the Elementals are supposed to keep the planet in form, steadying and balancing it as we go, they WILL clear land that is very negative in order to help this balancing process. Without our help, big weather events are the operative mechanism for such clearings.

Energy Cleansing Process

If you can do this every day, this is of maximum benefit to land you live and work on, but even occasional cleansing will be a great help! It should not take more than a few minutes. I like to sit quietly while doing this, but if need be, do it on the fly. The cleansing will be done when you ask for it, no matter how or when you ask.

You can ask for assistance from:

1. The Overlighting Deva of the piece of land you want to clean. This being holds the divine plan for this piece of land.
2. Angels overlighting the land. They work with the Deva of the land.

3. The Elementals of the land. These are the beings that bring your land into actual form and then hold it there so we can live in a world of form.
4. Pan, Head Elemental of Earth
5. Any Ascended Master or God realized being who is connected with this piece of land. There may or may not be any connected depending on the piece of land.
6. Deva of the Earth's atmosphere, Lunaria
7. Deva of the Earth's surface, Sapphalo
8. Deva in the center of the Earth, Darndella
9. Our Sun, Helios and Vesta

You do not need to list all the names above to get help! Feel free to SIMPLIFY THE PROCESS and ask for the Angels and Elementals of the land to help you!

After you call in some variation of this group, ask them to CLEANSE, CLEAR, RE-BALANCE AND ILLUMINATE the land you are clearing. You can ask them to clear the EMOTIONAL, MENTAL, PHYSICAL AND ETHERIC BODIES of the land of everything that is not pure divinity.

Ask that any negativity be released through a CHRISTED GRID. This is not a religious thing. This is just a way to describe a cleansing filter that purifies the energies so that they do not come back to the land again.

You can visualize all the negativity being removed from the land both above and below ground, or you DON'T HAVE TO VISUALIZE anything. The land will still be cleansed, because you have asked to have it done.

If you want, after the cleansing, you can ask that the land that has been cleansed be filled with divine love and light. This fills the land that has been cleared of negativity with positive energies so that new negative energy has no void to fill. This is an optional step but a good one.

Please close the session with thanks to everyone involved. AND I THANK YOU, as do the Elementals for your efforts!